Thee alone do we worship and Thee alone do we implore for help. [1:5]

Understanding Salat

An initiative to learn Namaz - Its Meaning and Manner

"He who finds no delight in the Salat has not yet truly tasted the pleasure of believing." (The Promised Messiah[as], Malfoozat, Vol. II, p. 145)

Understanding of Salat will be tested in Regional & Local `Amila meetings in January 2017.

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Takbir

The Prayer starts with *Takbir-i-Tahrima*, i.e, the *Imam* raises his hands to the lobes of his ears and recites *Allahu Akbar*. The Imam then lowers his hands and folds them on his chest so that the right arm is the above the left. The congregation does the same, however recites the *Takbir* silently.This is called the *Qiyam;* the Standing Posture. However, there are variations in this posture. Some people fold their arms a little lower than the navel while others slightly above the navel and some even a little higher.

اَللّٰهُ اَكْبَرْ

Allah is Great — اللہ سب سے بڑا ہے

Understanding Salat

Niyyat (Determination of the Intention)

Before the commencement of Prayer, *Iqamat*, the notice that the Prayer is about to start, is recited. After arranging themselves in rows behind the *Imam*, each worshipper should make his intention as to which type of Prayer, *Fard, Sunnah or Nafl, etc.*, he is going to perform and how many *Rak'at*. It is not necessary to make *Niyyat* by saying the words aloud. The mere mention in one's mind will suffice. After the *Takbir-i-Tahrima* one should recite the following prayer:

وَجَّهْتُ وَجْهِيَ لِلَّذِىْ

I have turned my full attention towards Him

میں نے پھیرا اپنا رخ
اس ذات کی طرف

فَطَرَ السَّمٰوٰتِ وَالْاَرْضَ

Who has created the heavens and the earth,

جس نے پیدا کیا آسمانوں
کو اور زمین کو

حَنِيْفًا وَّمَا اَنَا

being everinclined to Him and I am not

خالص ہوتے ہوئے
اور نہیں ہوں میں

مِنَ الْمُشْرِكِيْنَ

of those who associate partners (with Allah).

مشرکوں میں سے

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Thana (Glorification)

After saying *Takbir-i-Tahrima* and reciting the *Niyyat*, following glorification called *Thana* is recited individually in silence:

سُبْحٰنَكَ اللّٰهُمَّ وَبِحَمْدِكَ

Holy art Thou O Allah
and all praise is Thine

پاک ہے تو اے اللہ اور
اپنی تعریف کے ساتھ

وَتَبَارَكَ اسْمُكَ

and Blessed is Thy
Name

اور برکت والا ہے
تیرا نام

وَتَعَالٰى جَدُّكَ

and exalted is Thy
state

اور بُلند ہے تیری
شان

وَلَا اِلٰهَ غَيْرُكَ ط

and there is none worthy
of worship except Thee

اور نہیں کوئی معبود
تیرے سوا

Understanding Salat

Atta'awwudh التّعوّذ

The *Thana* is followed by *Atta'awwudh*, which is also recited silently:

اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

I seek refuge with Allah
from Satan, the rejected.

میں پناہ مانگتا ہوں اللہ کی، دھتکارے
ہوئے شیطان سے۔

Understanding Salat

Surah Al-Fatihah سورۃ الفاتحہ

After *Atta'awwudh* the *Imam* recites Surah Al-Fatihah. The very first verse of Surah Al-Fatihah, *bismilla hirrahma nirrahim*, is recited either silently or loudly, by the *Imam*. The congregation, however, recites it silently. In certain Prayers, e.g., *Fajr, Maghrib*, and *'Isha'* Prayers, the *Imam* recites Surah Al-Fatihah loudly. When the Imam is reciting Surah Al-Fatihah loudly, the other worshippers listen to this recitation while they also recite Surah Al-Fatihah silently verse by verse. In *Zuhr* and *'Asr* Prayers, the *Imam* and other worshippers recite Surah Al-Fatihah silently. At the end of Surah Al-Fatihah, the worshippers say Ameen which means 'O, Allah accept our supplications.'

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

In the name of Allah, the Gracious, the Merciful.

اللہ کے نام کے ساتھ جو بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ○

All praise belongs to Allah, Lord of all the worlds.

تمام حمد اللہ ہی کے لئے ہے جو ربّ ہے تمام جہانوں کا۔

اَلرَّحْمٰنِ الرَّحِيْمِ ○

The Gracious, the Merciful.

بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔

مٰلِكِ يَوْمِ الدِّيْنِ ○

Master of the Day of Judgment.

مالک ہے جزا سزا کے دن کا

اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ○

You alone do we worship and You alone do we implore for help.

تیری ہی ہم عبادت کرتے ہیں اور تجھ ہی سے ہم مدد چاہتے ہیں۔

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ○

Guide us in the right path

دکھا ہمیں سیدھا راستہ۔

صِرَاطَ الَّذِيْنَ اَنْعَمْتَ عَلَيْهِمْ

The path of those on whom You have bestowed Your blessings,

راستہ ان لوگوں کا جن پر تو نے اِنعام کیا

غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّآلِّيْنَ ○

those who have not incurred (Your) displeasure, and those who have not gone astray.

جن پر غضب نہیں کیا گیا اور جو گمراہ نہیں ہوئے۔

Understanding Salat

Surah Al-Ikhlas سورة الاخلاص

Thereafter, the Imam recites a portion of the Holy Qur'an. Preferably at least 3 verses or a short Surah of the Holy Qur'an, for example, *Surah Al-Ikhlas*, is recited and in the first two raka`aat of the prayer only. When the Imam is reciting a portion of the Holy Qur'an, the worshippers are required to listen to it silently.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ○

In the name of Allah, the Gracious, the Merciful.

اللہ کے نام کے ساتھ جو بے انتہا رحم کرنے والا، بن مانگے دینے والا (اور) بار بار رحم کرنے والا ہے۔

قُلْ هُوَ اللّٰهُ اَحَدٌ○

Say, He is Allah, the One

تو کہہ وہ اللہ ایک ہے

اَللّٰهُ الصَّمَدُ○

Allah, the Independent and Besought of all.

اللہ تعالی کے سب محتاج ہیں (وہ بے نیاز ہے)۔

لَمْ يَلِدْ وَلَمْ يُوْلَدْ○

He begets not, nor is He begotten

نہ اس نے کسی کو جنا اور نہ وہ جنا گیا

وَلَمْ يَكُنْ لَّهٗ كُفُوًا اَحَدٌ○

and there is none like unto Him.

اور نہیں ہے اس کا ہمسر کوئی بھی۔

Understanding Salat

Rukoo` (Bowing)

After reciting *Surah Al-Ikhlas* or any other portion of the Holy Qur'an, the Imam announces the transition from the standing position to bowing (*Rukoo`*) by calling out *Allahu Akbar*, *"Allah is the Greatest."* The congregation then follows him into *Rukoo`* (bowing position), reciting the following *Tasbeeh* (glorification and praise). While bowing, keep hands on the knees, back horizontal, and eyes focussed between the feet. This *Tasbeeh* is repeated 3 times or more in odd numbers (silently).

Holy is my Lord, the Most Great.

پاک ہے میرا ربّ بڑی عظمت والا

Understanding Salat

Tasmee`

Then, the Imam announces the return to the standing position by calling the *Tasmee`*, out loud, which is as follows. While standing, keep arms by the sides and eyes focussed on the place of prostration.

سَمِعَ اللّٰهُ لِمَنْ حَمِدَهٗ

Allah hears him who praises Him.

سُن لی اللہ تعالیٰ نے اس کی (دعا) جس نے اس کی تعریف کی۔

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Tahmid تحمید

The congregation, follows the Imam and changes posture as well and then recites the following, silently, which is called *Tahmid*

رَبَّنَا وَ لَكَ الْحَمْدُ ۙ

Our Lord, Yours is the praise

اے ہمارے ربّ تیرے ہی لئے ہے سب تعریف

حَمْدًا كَثِيْرًا طَيِّبًا

praise (that is) abundant, pure

بہت زیادہ تعریف۔ پاکیزہ

مُّبَارَكًا فِيْهِ ۙ

(and) full of blessings.

(اور) برکت والی۔

Sajdah سجدہ

Next, the Imam calls the *Takbir, Allahu Akbar,* out loud, and goes down to prostrate. The worshippers follow the Imam. While prostrating, the forehead, nose, palms of both hands, knees and toes should be touching the ground. Do not let the elbows rest on the ground. When in prostration, the following *Tasbih* (glorification) is recited, by the worshippers, three times or more in odd numbers (in silence).

سُبْحَانَ رَبِّيَ الْأَعْلٰى

Holy is my Lord, the most High.

پاک ہے میرا ربّ بڑی شان والا۔

Understanding Salat

Prayer Between Two Sajdahs — دو سجدوں کے درمیان کی دعا

Then, the Imam says *Allahu Akbar* and sits down; the worshippers follow along. We should sit down on our left foot while the toe of our right foot should be touching the ground — keeping the hands on the knees. In this position, called *Qa'dah*, the worshippers recite the prayer between two Sajdahs, as follows:

رَبِّ اغْفِرْلِيْ وَارْحَمْنِيْ

O my Lord, forgive me and have mercy on me

اے میرے ربّ مجھے بخش دے اور مجھ پر رحم فرما

وَاهْدِنِيْ وَعَافِنِيْ وَاجْبُرْنِيْ

and guide me and grant me security and make good my shortcomings

اور ہدایت دے مجھے اور خیریت سے رکھ مجھے اور اصلاح کر میری

وَارْزُقْنِيْ وَارْفَعْنِيْ

and provide for me and raise me up (in status).

اور مجھے رزق عطا کر اور (رتبہ) بلند کر میرا۔

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Attashahud التشہد

After the second Sajdah, the Imam says *Allahu Akbar* and sits down the same way as before. Then, everyone recites, Attashahud, silently:

اَلتَّحِيَّاتُ لِلّٰهِ وَالصَّلَوٰتُ وَالطَّيِّبٰتُ

All verbal worship is due to Allah and all physical acts of worship and financial sacrifices

تمام زبانی عبادات اللہ کے لئے ہیں اورسب بدنی عبادات اورسب مالی عبادات(بھی)۔

اَلسَّلَامُ عَلَيْكَ اَيُّهَا النَّبِيُّ

Peace be on you, O Prophet

اللہ کی سلامتی ہو آپ پر اے نبی

وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهٗ

and the Mercy of Allah and His Blessings.

اور اللہ کی رحمتیں اور اس کی برکات

اَلسَّلَامُ عَلَيْنَا وَعَلٰى عِبَادِاللّٰهِ الصّٰلِحِيْنَ ؕ

Peace be on us and on the righteous servants of Allah

اللہ کی سلامتی ہو ہم پر اور اللہ کے نیک بندوں پر

اَشْهَدُ اَنْ لَّا اِلٰهَ اِلَّا اللّٰهُ وَاَشْهَدُ اَنَّ مُحَمَّدًا عَبْدُهٗ وَرَسُوْلُهٗ ؕ

I bear witness that there is no God but Allah and I bear witness that Muhammad[sa] is His Servant and His Messenger

میں گواہی دیتا ہوں کہ اللہ کے سوا کوئی معبود نہیں اور میں گواہی دیتا ہوں کہ (حضرت) محمد(ﷺ) اسکے بندے اور اسکے رسول ہیں

Understanding Salat

Durood Sharif درود شریف

It should be noted that while reciting *Attashahud*, when the worshipper reaches the phrase *Ash hadu alla ilaha ilallahu*, he should raise the forefinger of his right hand and should drop it back as soon as he has recited it. After reciting, *Attashahud*, if this is the last *raka`ah* in a group of 2, 3 or 4 raka`aat, the invocation of blessings on the Holy Prophet[sa], called *Durood*, is recited, which is as follows; otherwise, the Imam says *Allahu Akbar*, and continues with the next raka`ah, starting with *Surah Al-Fatihah*. The worshipers should follow along.

اَللّٰھُمَّ صَلِّ عَلٰی مُحَمَّدٍ وَّ عَلٰٓی اٰلِ مُحَمَّدٍ

O Allah, bless Muhammad[sa] and the people of Muhammad[sa]

اے اللہ محمد ﷺ پر خاص فضل فرما اور محمد (ﷺ) کی آل پر بھی

کَمَا صَلَّیْتَ عَلٰٓی اِبْرَاھِیْمَ وَ عَلٰٓی اٰلِ اِبْرَاھِیْمَ

as You did bless Abraham[as] and the people of Abraham[as]

جیسے تو نے ابراھیمؑ پر فضل فرمایا اور ابراھیمؑ کی آل پر

اِنَّکَ حَمِیْدٌ مَّجِیْدٌ

You are indeed the Praiseworthy, the Exalted.

یقیناً تو بے انتہا خوبیوں والا بڑی شان والا ہے۔

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Prayers after Durood Sharif درود شریف کے بعد کی دعائیں

After *Durood Sharif,* worshippers can recite prayers of their choice. Two prayers are recited most often. The first one of them is as follows:

رَبَّنَا اٰتِنَا فِی الدُّنْيَا حَسَنَةً

Our Lord, grant us good in this world

اے ہمارے ربّ ہمیں عطا فرما اس دُنیا میں (ہر قسم کی) بھلائی

وَّفِی الْاٰخِرَةِ حَسَنَةً

as well as good in the world to come

اور اگلے جہان میں بھی بھلائی (عطا) فرما

وَّ قِنَا عَذَابَ النَّارِ

and protect us from the torment of the Fire.

اور ہمیں آگ کے عذاب سے بچا۔

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Prayers after Durood Sharif درود شریف کے بعد کی دعائیں

The second prayer, which is recited most often after *Durood Sharif*, is from *Surah Ibrahim* verses 41 and 42 and it is as follows:

رَبِّ اجْعَلْنِیْ مُقِیْمَ الصَّلٰوۃِ

My Lord, make me observe Prayer

اے میرے ربّ مجھے نماز کو قائم کرنے والا بنا

وَمِنْ ذُرِّیَّتِیْ ۖ رَبَّنَا وَتَقَبَّلْ دُعَآءِ ○

and make my children too, Our Lord, and accept my prayer.

اور میری اولاد کو بھی،اے ہمارے ربّ،اور تو میری دعا کو قبول فرما۔

رَبَّنَا اغْفِرْلِیْ وَلِوَالِدَیَّ وَلِلْمُؤْمِنِیْنَ

Our Lord, grant forgiveness to me and to my parents and to the believers

اے ہمارے ربّ، مجھے بخش دے اور میرے والدین کو (بھی) اور (سب) مومنوں کو (بھی)

یَوْمَ یَقُوْمُ الْحِسَابُ ○

on the day when the reckoning will take place.

جس دن حساب قائم ہو گا۔

Understanding Salat

Salam سلام

After reciting the two prayers or other prayers of choice in silence, the *Imam* turns his face first to the right and then to the left reciting both times the following *Salam*, out loud. The worshippers follow along. This marks the the end of the prayer.

اَلسَّلَامُ عَلَيْكُمْ وَ رَحْمَةُ اللّٰهِ

Peace be upon you and the mercy of Allah.

سلامتی ہو تم پر اور اللہ کی رحمتیں۔

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